## What is claimed is:

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- 1. A method for determining whether a disk is positioned upside down inside an optical disk player, comprising:
  - a. loading a disk into an optical disk player which has a focusing device;
- b. emitting a laser beam that travels via the focusing device to the loaded disk;
  - c. moving the focusing device from a first position to a second position;
- d. while the focusing device is being moved from the first position to the second position, continuously recording the variation in the intensity of the laser beam that is reflected by the disk to produce a distribution curve of the intensity of the reflected laser beam; and
- e. determining whether the disk is upside down based on the obtained distribution curve.
- 2. The method of claim 1, wherein step (e) further includes: comparing the obtained distribution curve with a prescribed reference reflection intensity distribution curve to determine whether the disk is upside down.
  - 3. The method of claim 1, further including: prior to step (b):
  - (i) rotating a spindle motor of the optical disk player based on a prescribed waveform;
    - (ii) measuring the rotation speed of the spindle motor;
- (iii) determining that there is no disk in the optical disk player if the rotation speed of the spindle motor is greater than a preset speed of rotation within a prescribed period of time, otherwise performing step (c).